

# Encore!



Programs to Fit Your Lifestyle



JANUARY FEBRUARY MARCH 2013

## Tech Tutoring Workshop

*Friday, January 4, 10:00am – 12:00pm*

**FREE**

The Monte Vista High School, Smiles for Seniors Club Volunteers, will be here to work one on one with those who need assistance with electronic devices and/or programs such as computers, skype, facebook, cell phones, digital cameras, iPads, etc. Please bring them with you. Sign up for a ½ hour appointment at the front desk by January 3rd.

## Sunday Family Breakfast

*Sponsored by the Senior Foundation*

*January 13, February 10 & March 10, 9:00-11:30am*

**\$5 Adults/\$2 Children 12 and under**

The Senior Foundation hosts a delicious breakfast each month at the Alcosta Senior & Community Center. Breakfast includes pancakes, scrambled eggs, fresh fruit, sausage, orange juice and coffee. No reservations required. All proceeds help support Senior Center programs.

## Monthly Birthday Parties

*Sponsored by our Outreach Sponsors*

*Wednesdays: January 16, February 20, March 20, after lunch*

If you are celebrating a birthday we will recognize you during lunch with cake and goodies! Please sign up at the front desk at least a week in advance.



## Chinese New Year Celebration

*Wednesday, February 6, 1:00-3:00pm*

**FREE**

Come and enjoy a program of cultural enlightenment as we celebrate the Year of the Snake. The show will feature performers from both Chinese and American cultures.

## Special Presentation "Don't Give Up Your Dreams" Presented by: Kiki Douveas

**FREE**

*Thursday, February 28, 1:00 – 2:30pm*

Kiki is a motivational speaker and television actress. She is a mother and grandmother who, after 27 years in the restaurant business and raising a family, went back to school to fulfill her dream-a-college education. At age 55, she earned her B.A. degree in Dramatic Art from the University of California, Berkeley. Kiki will inspire you, encourage and uplift you, in a humorous way, to go after your dreams.

## Artistic 3D Greeting Cards

*Friday, February 1, 1:00-3:30pm*

**Ages 55+ 1 Class \$2(R)/\$3(N) and \$20 material fee payable to Instructor, Katrin Field Act # 83838**

With Valentine's Day, Spring Birthdays or Weddings in mind, this class will teach you how to make 3 dimensional cards that will outshine any store bought card. Please bring a pair of scissors and tweezers and be prepared to have a lot of fun.

## "Strolling Into Spring" Fashion show and Tea

*Sponsored by the Senior Foundation*

*Saturday, April 13, 2:00 – 4:00pm*

**All Ages \$10.00**

Welcome the spring season with an afternoon of fashions, food and fun for all ages. Fabulous door prizes and opportunity drawings will be included. Proceeds benefit the San Ramon Senior Foundation which supports Senior Center Activities. Please pre-register by April 9 at the Senior Center.



## Thank You San Ramon! Free Drop In Class Days

*Thursday, February 7 and Friday, February 8*

The City of San Ramon is inviting residents to attend a series of FREE events in 2013 to say "Thank You!" to each and every one of you for making San Ramon a wonderful place to live, work and play. These events will provide residents with a great opportunity to become familiar with City amenities, programs and staff. The Senior Center will be offering 2 Free Senior Drop-in Class Days on February 7th and 8th. Residents ages 55+ can join any of the drop-in classes (\$2 classes) free those days. This is a great opportunity to try a new class or take a familiar class.

# Live & Learn

## "Wisdom Wednesdays"

Free workshops are offered at the Senior Center each month. Workshops are geared towards informational sessions that benefit your needs. They will give you free access to coffee, knowledge and a better understanding of important issues

### Do Your Feet Ache?

*Wednesday, January 9, 10:30am-12:00pm*

Your shoes should not hurt your feet; if you feel like there is a problem, there probably is! Podiatrist Naleen Prasad, with Interim Health Care of the East Bay, will go over various foot-related conditions to help you understand what may be going on with your feet. Learn about many treatments, including those that are covered by health insurance. Get your feet to feel like moving!

### Bond Basics

*Wednesday, January 30, 10:30am-12:00pm*

Representative from Alamo Capital will cover what a bond is and what type of investors may be interested in bonds.

### Fall Prevention

*Wednesday, February 6, 10:30am-12:00pm*

In Contra Costa County, falls are the leading cause of accidental injury for residents 65 and older. Come learn techniques to help prevent falls.

### Retirement Income

*Wednesday, February 13, 10:30am-12:00pm*

Valerie Riveiro, with Mass Mutual, will discuss how to maximize your retirement income.

### Preparing Your Family for Inheritance & Fiduciary Responsibilities

*Wednesday, March 27, 10:30am-12:00pm*

Back by popular demand, Attorney Nancy Powers will discuss what needs to be done to make sure everyone in your family is well informed about your wishes, like how you want to be cared for, where you want to live, who will serve in fiduciary roles in the future and how to approach and solve problems if they arise. Her discussion will be geared towards those that attend.

## Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:25am Low Impact Aerobics I	8:30am-11:00am Card Games	8:30am-9:25am Low Impact Aerobics I	8:30am-11:00am Card Games	8:30am-9:25am Low Impact Aerobics I
9:30am-10:25am Low Impact Aerobics II	9:00am-11:30am Advanced Line Dancing	9:30am-10:25am Low Impact Aerobics II	9:00am-11:30am Adv. Line Dancing	8:30am-11:00am Card Games
10:30am-11:30am Strength Train & Toning	9:00am-1:00pm Boutique Workshop	9:30am-11:00am Bocce Ball	9:00am-3:00pm Painting	9:30am-10:25am Low Impact Aerobics II
10:30am-11:30am Line Dancing	10:30am – 11:45am Learn to Play Bridge (2/5 – 5/21/13)	10:00am-11:30am Sound Out	10:00am-10:45am Balance Thru Movement	10:30am-11:30am Strength Train & Toning
12:00pm-3:00pm Pinochle	12:00pm-1:00pm Nutrition Program	10:30am-11:30am Strength Train & Toning	10:00am-3:00pm Boutique Workshop	10:30am-11:30am Longevity Dance
1:00pm-2:30pm Ballroom Dancing	12:00pm-3:00pm Party Bridge	10:30am-11:30am Intermediate Line Dancing	11:00am-11:45am Low Level Total Body Workout	12:00pm-1:00pm Nutrition Program
12:00pm-4:00pm Table Tennis (except 3rd Monday)	1:00pm-3:00pm Bingo (special fee)	12:00pm-1:00pm Nutrition Program	12:00pm-1:00pm Nutrition Program	12:00pm-4:00pm Table Tennis
	1:30pm-2:30pm Chinese Calligraphy	12:00pm-4:30pm Table Tennis	12:00pm-3:00pm Pinochle	12:30pm-4:00pm Advanced Bridge
	2:30pm-4:30pm Chinese Brush Painting	1:00pm-2:00pm Wii®	12:00pm-4:00pm Table Tennis (except 1st Thurs)	1:00pm-3:00pm Creative Writing
		2:00 – 2:45pm Low Impact Kickboxing	1:00pm-2:00pm Silver Tones Chorus	1:00pm-4:45pm Karaoke
			3:30pm-5:00pm Longevity Fitness	1:30pm-3:30pm Tai Chi Kuen

# Your Senior Center

## Changes to the Senior Active Card Program (Cards used for all Senior Center drop-in classes):

As of Monday, February 11, 2013, individual paper tickets for drop-in classes will not be utilized unless you are a first-time visitor or have special circumstance. All Senior Center patrons with the exception of first-time visitors will have to utilize a Senior Active or Encore Card to pay for drop-in classes. There is no extra cost for a card. Obtain your card at the front desk today and don't stand in line! You must fill out a registration form to load money on your card and present your current address and phone number. You may load your card with any amount you wish in \$2 or \$3 denominations with a minimum of \$2.

## Changes to the Encore Go Card Program for San Ramon Residents:

As of March 1, 2013, all San Ramon resident Encore Go Card members will no longer receive the yellow paper tickets when they purchase \$10 on their card. Instead, they will receive the equivalent value in Go Points for each \$10 card reload which can be used toward future purchases. Just ask the office staff at the front desk if you have any points to use the next time you reload your card! No more paper tickets to lose or forget - it will be automatic!

## Emergency/Medical Card Updates:

January 14-18 and 22-25, 2013 (9am-12pm Monday-Friday and 1pm-3pm Tuesday, Thursday and Friday)

Senior Advisory Committee members will be on hand in the Rotunda to assist you with updating and/or filling out a Senior Center Emergency Card. It is very important that we have your updated information in case of any emergency while you are at the Senior Center or on a Van Trip. If you are unable to come during these times, you can also obtain an emergency card at the front desk.

## Senior Express Van

Why drive or walk when you can be picked up at home? The van operates Tuesday through Friday. Phone or sign up 24 hours in advance. The van leaves the Senior Center at 8:30am for the morning route, 2:30-3:00pm for the return trip Tuesdays and Thursdays. Wednesdays and Fridays the van leaves for the return trip between 1:00 and 1:30pm.

*\$2 per resident, each way/\$1 each way with Encore! Membership*

## Grocery Shopping Shuttle

Service is provided to local grocery and drug stores on Thursdays. Service begins at 10:00am with pick-ups at the Senior Center, Sunny Glenn, Villa San Ramon and Valley Vista Apartments, and drop-offs at various shopping locations. Return to your original pick-up point by noon. Call 973-3250 for a reservation at least one day in advance.

*Cost: \$2*

## Stoneridge Mall Shuttle

The Senior Express Van provides transportation to and from the Stoneridge Mall in Pleasanton the first Friday of the month. The van departs from the Senior Center at 10:00am and returns shoppers to the Center by 2:00pm.

## Senior Lunch Program

Tuesday through Friday, 12:00-1:00pm

See the Monthly Menu at the Front Desk or online.

*Suggested donation: \$2*

## Lunch Ordering Reminder

Please remember that you must sign up by 12:00 noon the day before you would like lunch. If you are unable to come for lunch after you have ordered, please call the Senior Center at 973-3250 to cancel your order. You may order a seafood salad, hamburger or chef's salad instead of the designated lunch. Be sure to indicate your choice when signing up for lunch.

## Senior Center Donor Program

"Be a part of history"—Many individuals and families have contacted the Center about making a donation in memory of a loved one, as well as those who wish to financially contribute in some way to the Senior Center. Donors giving a minimum of \$100 to the Senior Center will receive recognition of their contribution in the Senior Park brick pavilion. Please contact Teri Mountford at 973-3271 for more information.

## Senior Advisory Committee (SAC)

The San Ramon Senior Advisory Committee meets on the first Monday of every month at 4:00pm. The public is welcome to attend. The SAC has placed a Suggestion Box across from the front desk. Please use this box to make suggestions about the facility, senior activities, volunteers, or staff. The SAC and staff will review the suggestions on the first Monday of each month at their meetings. Appropriate action will be taken for each suggestion.

## Advisory Committee Members

Thom Sharki – <i>Chairperson</i>	Dorothy Dees	Colleen Vitalis
Jason Wu – <i>Vice Chairperson</i>	Shirley Ernest	Astrid Brassinga (Alt.)
Sally Lunn – <i>Recording Secretary</i>	Joan Ernst	Ethelyn Ryan (Alt.)

## Staff

Teri Mountford – <i>Program Manager</i>	Mary Lau – <i>Nutrition Program</i>
Louise Weber – <i>Recreation Coordinator</i>	Angie Roncagliolo – <i>Nutrition Program</i>
Stephanie Herscu – <i>Office Technician II</i>	Anda Szuch – <i>Nutrition Program</i>
Matt Ramirez – <i>Recreation Technician</i>	

## Senior Peer Counseling

***Fridays, 10am-12pm    Thursdays, 9am-10:30am***

The Senior Peer Counseling Program offers individual counseling. Services are free of charge, and confidentiality is strictly observed. You may be facing challenges that are difficult to cope with alone, and we offer support to help you through life's problems, crises and challenges.



# Senior Services

## Free Tax Preparation

*Wednesdays, February 6 through April 10,  
by appointment only*

Need help with your 2012 tax return? AARP Tax-Aide Certified Counselors will prepare income tax returns at the Alcosta Senior & Community Center. Appointments are available from 8:30am – 3:00pm. The service does not specify an income limit, but the service targets low and moderate income taxpayers of any age with special attention given to seniors 60+. Counselors will prepare and file tax returns electronically. Electronic filing ensures accuracy, and refunds and tax payment arrangements are completed quickly. Both spouses must be present to sign a joint return. For appointments call 973-3250 or sign up at the front desk. This service is FREE! Please bring the following documents to complete your return:

- Social Security Cards or ITIN letter for all individuals listed on the return
- Social Security numbers for child care providers and alimony recipients
- Photo ID
- Copies of your 2011 tax returns
- W-2 forms
- Forms 1098 & 1099 for Social Security, pension, interest, dividends, IRS distributions
- Other income and deductions

## Mature Driving Course

*Saturday, January 12, 8:30am-5:00pm Act# 82725*

*Saturday, March 9, 8:30am – 5:00pm Act# 82726*

*Saturday, May 11, 8:30am – 1:00pm Act#82727*

AARP offers the standard 8-hour class for both new and renewing students, and a new accelerated 4½-hour class for renewing students only. Those enrolling in the 4½-hour class must provide the date on which the 8-hour class was completed. Students completing the class will receive a Certificate of Completion, which entitles them to an automobile insurance discount. Fees are \$12 for AARP Members (with proof of membership) and \$14 for non-members, payable by check only to the instructor upon arrival at the class. Please pre-register at the front desk.

## Blood Pressure Checks

Fourth Thursday of the month, 11:00am-12:00pm

January 24, February 28, and March 28

Thank you to John Muir Health for providing the Senior Center with this service.

## Page Turners Book Group

*Tuesday, January 15, February 19, March 19, 1:30-2:30pm*

Page Turners meets monthly at the Alcosta Senior and Community Center and is facilitated by the San Ramon Library staff. A new book is discussed each month. January's book is *A History of the World in 10-1/2 Chapters*, by Julian Barnes; the February selection is *Pope Joan*, by Donna Woolfold Cross; the selection for March is *Shogun*, James Clavell and for April the selection is *Blue Nights*, by Joan Didion. For more information call Carol Yuke at (925) 973-2853.

## Life Can Sometimes Get a Little Difficult...

The Alcosta Senior & Community Center offers short-term consultations with an experienced family counselor. If you have questions about being a caretaker, living alone, grief, or how to improve relationships with your adult children, you can call Claire Chow directly at 828-2656. Consultations last half an hour, but can be longer if needed. A nominal fee of \$10/half hour is paid directly to the counselor.

## Alzheimer's Association Support Group

Second Monday of the month at 7:00pm

The next meetings will be January 14, February 11, and March 11.

## HICAP (Health Insurance Counseling & Advocacy Program)

Appointments available the second Tuesday and third Friday of the month

Individual counseling sessions are offered to provide objective information about many of the complexities related to eligibility and enrollment in Medicare, Medicare Supplements, Medicare Advantage Plans, Prescription Drug Plans, Long-Term Care insurance, medical billing issues and programs for low-income individuals. If you'll be turning 65 soon, see the website at [www.cchicap.org](http://www.cchicap.org) for "Welcome to Medicare" classes. See the front desk to make appointments.

## Information & Referrals

**Transportation County Link:** For applications call 676-7500. For reservations call 938-7433.

**Voter Registration:** Forms are available by the fireplace.

**Contra Costa County Senior Information:** Call (800) 510-2020

**Meals on Wheels information:** Call 937-8607

**Wills, Living Trusts, Probate:** The 3rd Thursday of the month—January 17, February 21, March 21—Ed Goodson, Attorney at Law, will offer half-hour appointments from 4:00 to 6:00pm. Call the front desk to make your appointment.

## DROP-IN FEES \$2(R)/\$3(N)

### Bingo

*Tuesdays, 1:00-3:00pm*

*Special Fee: 3 cards for \$2.50;  
6 cards for \$5*

### Learn Bridge While Playing

*Tuesdays, 10:30am-11:45am*

**New class 2/5 – 5/21**

**(16 weeks)**

Instructor: Bill Iles

After class begins, you will need to get instructor approval to join the class.

### Party Bridge

*Tuesdays, 12:00-3:00pm*

Drop-in players should have a basic understanding of the game and have played before. Party Bridge is always looking for new players.

### Advanced Bridge (Reservation Required)

*Fridays, 12:30pm-4:00pm*

Call the Senior Center in advance to make reservations at (925) 973-3250. The Advanced Bridge group is also looking for new players who have an understanding of advanced techniques and play at a moderately high level. When you call, please ask the Senior Center staff to notify the coordinator, Marsha House, of your interest to play.

### Card Games/Games of Chance

#### Beginning & Advanced Level of Play

*Tuesdays & Thursdays,  
8:30-11:00am*

#### Advanced Level of Play

*Fridays, 8:30-11:00am*

Games could include 5 Card Stud, Texas Hold'em, or Caribbean Stud.

### Pinochle

*Mondays & Thursdays, 12:00-3:00pm*

### Pinochle Players Wanted!

Pinochle players with some experience are wanted to play at the Senior Center.



### Table Tennis

*Mondays, 3:00-*

*4:30pm (except 2nd & 3rd Mondays)*

*Wednesdays, 12:00-4:30pm*

*Thursdays, 12:00-4:00pm (except 1st Thursdays)*

*Fridays, 12:00-4:00pm*

The Senior Center

has a table tennis table available for open play. On special occasions table tennis may be postponed, please review schedule for specific dates and times of events.



### Pool

A Pool table is available when the Senior Center is open. The pool balls are held at the front desk. You will need to sign them out and return them to the front desk when you are finished playing. FREE for *Encore!* members.

### Sound Out

*Wednesdays, 10:00-11:30am*

What would you like to talk about? Come join in on group discussions of various topics including current events that are of interest to those attending. This is a very informal and friendly group!

### Wii® Will Rock Your World!

*Wednesdays, 1:00-2:00pm*

The Nintendo Wii® will be set up every Wednesday afternoon in the rotunda of the Senior Center. A growing group of Wii® enthusiasts bowl, play tennis, golf and baseball right from their chair! Whether you are a novice or very experienced, you are welcome to join in. Come by and see what fun you can have.

### Senior Center Park

Bocce Ball, Horseshoes, Croquet & Shuffleboard are available. Come to the front desk to get the equipment.

### Bocce Ball!

*Wednesdays, 9:30-11:00am (weather permitting)*

Come join in the Bocce craze! Learn to toss the pallino, score points, and increase overall skills. Drop on by and play. All levels are welcome!

# Fitness & Dance

## REGISTRATION FITNESS/DANCE CLASSES

### Zumba Gold®

Instructor: Carolynne Levers

Zumba Gold® fuses slower Latin rhythms and easy to follow moves, specifically designed for the active, older adult.

Participants experience an exciting hour of calorie burning and energizing movements. Latin flavor and international zest make this Zumba Gold® class fun!

*Ages 55+ 6 Classes \$48(R)/\$60(N)*

**Tuesdays** 1/22 – 2/26 11:00am – 12:00pm Act# 81287

**Tuesdays** 3/5 – 4/9 11:00am – 12:00pm Act# 81288

**Tuesdays** 4/16 – 5/21 11:00am – 12:00pm Act# 81289

**Tuesdays** 1/22 – 2/26 6:00pm – 7:00pm Act# 81283

**Tuesdays** 3/5 – 4/9 6:00pm – 7:00pm Act# 81284

**Tuesdays** 4/16 – 5/21 6:00pm – 7:00pm Act# 81285

### 55+ Gentle Yoga

Instructor: Marcia Conroy

Basic foundations of yoga are taught in a gentle, modified style. The focus includes stretching to promote flexibility in the muscles and joints, various weight-bearing poses to enhance bone health, sequences of poses in a slow rhythm to slightly increase the heart rate, and restorative poses to relieve stress. Please bring a yoga mat.

*Ages 55+ 12 Classes \$96(R)/\$120(N)*

**Tuesdays** 1/22 – 3/19 9:00am – 10:15am Act# 81295

**Thursdays** 1/24 – 3/21 6:00pm – 7:15pm Act# 81293

**10 Classes \$80(R)/100(N)**

**Tuesdays** 3/26 – 5/28 9:00am – 10:15am Act# 81296

**Thursdays** 3/28 – 5/30 6:00pm – 7:15pm Act# 81294

### 55+ Yoga for Health

Instructor: Michiyo Ambrosius

Gentle yoga suited for beginners as well as continuing students. Various yoga postures are modified for seniors to develop strength, flexibility and balance. Includes breath work and meditation to explore inner spiritual self. Teachings are based on the instructor's spontaneous remission experience from cancer. Yoga mat required. Wear loose, comfortable clothing.

*Ages 55+ 11 Classes \$88(R)/\$110(N)*

**Fridays** 1/18-3/29\* 9:00am-10:15am Act# 81291

**10 Classes \$80(R)/\$100(N)**

**Fridays** 4/5-6/7 9:00-10:15am Act# 81292

### NEW! Hula & Tahitian Dance

*To be held at the Senior Center on Thursday evenings.*

Check out the San Ramon Winter/Spring Activity Guide, page 39, for details.

## DROP-IN FITNESS/DANCE \$2(R)/\$3(N)

### Low Impact Aerobics

**Low Impact Aerobics I**

*Mondays, Wednesdays, Fridays, 8:30-9:25am*

**Low Impact Aerobics II**

*Mondays, Wednesdays, Fridays, 9:30-10:25am*

Instructors: Carolynne Levers & Milan Hutchinson

These classes are designed to be low-impact, energizing, and fun-filled. The methods and movements involved will help to strengthen and stabilize the body for individuals 55 and over.

### Strength Training & Toning

*Mondays, Wednesdays, Fridays, 10:30-11:30am*

Instructor: Carolynne Levers

Class is strength training with light weights for men and women. If your energy has sagged, you can raise it. If you have lost muscle, you can regain it. Wear comfortable clothes. Weights provided.

### Low Level Total Body & Balance Exercise

*Tuesdays, 1:00 – 1:45pm*

Instructor: Robin Weiss

We use our body weight, dumbbells, and other props to strengthen our entire body – including our core (abs and back) and cardiovascular system (heart and lungs) and develop our balance skills. Our exercises are done sitting on a chair or standing using our chairs for support, so there is a level for everyone. Please wear exercise shoes and loose-fitting clothing.

### NEW! Low Impact Kickboxing

*Wednesdays, 2:00 – 2:45pm*

Instructor: Robin Weiss

We will use fun Martial Arts moves to strengthen and stretch our entire body - including our core and cardiovascular system and develop our balance skills. Our workout is done standing, with a chair available for support or sitting in our chair, so this class is for everyone. Please wear exercise shoes and loose-fitting clothing.

### Balance Through Movement

*Thursdays, 10:00-10:45am*

Instructor: Robin Weiss

We will stretch and strengthen the muscles we use for balance and movement, while practicing our balance skills. We sit on chairs or stand using our chairs for support. All fitness levels are welcome. Please wear exercise shoes and loose-fitting clothing.



# Fitness & Dance

## Low Level Total Body Workout

Thursdays, 11:00-11:45am

Instructor: Robin Weiss

We use our body weight, dumbbells and other props to strengthen our entire body – including our core and cardiovascular system. Our exercises are done sitting on a chair or standing, so there is a level for everyone. Please wear exercise shoes and loose-fitting clothing.

## Longevity Fitness

Thursdays, 3:30-5:00pm

On its own or as a complement to other fitness activities, stretching of tense and tight muscles improves flexibility and is the perfect antidote to our busy lives. Class will end with relaxation exercises to reduce stress and increase vitality.

## Tai Chi Kuen

Fridays, 1:30 – 3:30pm

This class combines traditional Chinese Tai Chi, Kung Fu and simple dance movements to help develop a strong body and increase mind/body coordination. It also helps to promote gentle muscle toning, stretching, balance, and joint flexibility in both the upper and lower body.

## Longevity Dance

Fridays, 10:30-11:30am

Longevity Dance is a special dance that combines movement from martial arts, Tai Chi Chih, music, and dance all in one.

## Ballroom Dance

*Mondays, 1:00-2:30pm*

Come learn the foxtrot, waltz, tango, and more, from instructors and professional dancers Rose Potavin and Louie Sison.

## Line Dancing

### Beginning Line Dancing

*Mondays, 10:30-11:30am*

Instructor: Bob Bradley

Dance party the last Monday of each month, no instruction.

### Intermediate Line Dancing

Wednesdays, *10:30-11:30am*

Instructor: Bob Bradley

Dance party the last Wednesday of each month, no instruction.

### Intermediate/Advanced Line Dancing

*Tuesdays & Thursdays, 9:00-11:30am*

Instructor: Millie Dusha

# Creative Arts

## Come Join the Boutique Workshops *FREE*

*Tuesdays, 9:00am-1:00pm*

*Thursdays, 10:00am-3:00pm*

The Boutique is looking for more ladies to join, especially if you sew, knit, crochet or love crafts. All levels of ability are welcome.

## Creative Writing

*1st & 3rd Fridays: January 4 & 18, February 1 & 15,*

*March 1 & 15; 1:00-3:00pm*

Come meet and share with fellow writers. No writing experience required. It's a great way to share your creativity and meet others who enjoy the art of writing.

## Painting

*Thursdays, 9:00am-3:00pm*

Bring your own supplies and join our painters. This is a program for those with painting experience.

## NEW! Creative Arts – Registration Classes

Check out the San Ramon Winter/Spring Activity Guide for the dates/times of the following classes that will be held at the Senior Center. **Classes are: Ukulele Jam, Acrylic Painting and Everyone Can Draw.** You may also visit [www.SanRamonRecGuide.com](http://www.SanRamonRecGuide.com) to register.

## Introduction to Chinese Calligraphy

*Tuesdays, 1:30-2:30pm*

Calligraphy is an art of beautiful stylized lettering with a brush and ink. It involves the correct formation of characters in specific order, parts, and proportions. Calligraphy can help elevate one's mind and body as a form of meditation.

## Introduction to Chinese Brush Painting

*Tuesdays, 2:30-4:30pm*

This class is an orientation on classic elements of Chinese Brush Painting with emphasis on Chinese masterpieces both ancient and contemporary. Concepts of style, line composition, perspective and stroke will be taught.

## Karaoke

Fridays, 1:00-4:45pm

Share the joy of singing Chinese and English karaoke.

## "The Silver Tones" Chorus

Thursdays, 1:00-2:00pm

Looking for a group to share your talents with and meet new friends? This chorus is for you! The group, led by Peg Jackson, meets weekly to sing their favorite songs. Performances are held throughout the year at various Senior Center events.

## TRAVEL DESK

**Tuesday, 10:00am-1:00pm** (New hours until further notice)

**(925) 973-3256**

Sign up for Casino Trips and Long-Distance Trips at the travel desk or by depositing payment with a registration form in the gold drop box found at the main entryway of the Senior Center



## LUNCH BUNCH TRIPS

Sign up for the lunch bunch trips at the Senior Center front desk.

### January

Mon, January 14	Back Forty Restaurant, Pleasant Hill
Sat, January 19	Duartes, Pescadero & Half Moon Bay
Wed, January 30	Treasure Island Fine Dining

### February

Mon, February 4	Spenger's & 4th Street Berkeley
Mon, February 11	Earl Anthony's Dublin Bowl
Sat, February 16	Pier 39, Tuilipmania
Mon, February 25	Cliff House, San Francisco

### March

Mon, March 4	North Beach Restaurants & Shops
Sat, March 16	Union Square, San Francisco
Mon, March 18	Lafayette Village

### April

Mon, April 8	Santana Row, San Jose
Sat, April 20	Chinatown, San Francisco
Mon, April 29	Vallejo Ferry to San Francisco

## San Ramon Trailblazers Wants You!



Wednesday Mornings (time & location varies)  
Join the San Ramon Trailblazers if you are interested in meeting new people, enjoying the outdoors, having fun and getting in shape. The group meets once a week at various locations and is led by volunteer, Nido Paras. To find out the exact meeting location and to get on the email list please call the Senior Center or email [trailblazer88@comcast.net](mailto:trailblazer88@comcast.net).

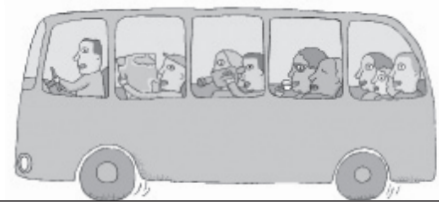
*\* This is an adults only group; pets are not permitted on hikes.*

## CASINO TRIPS

**Thunder Valley – Tuesdays, January 15; \$29/person**

**Cache Creek and Black Oak – TBA**

Casino trips are sponsored by American Stage Tours, who require that a minimum number of travelers be met one week prior to departure, or the trip will be cancelled. Please sign up early—don't wait until the last minute!



## LONG DISTANCE TRIPS

Information about upcoming trips can be found at the Travel Desk in the Senior Center.

Yosemite Trip is back!  
May 2013

Sail the Mississippi on a Paddlewheel Cruise with the American Queen Steamboat Company –  
November 2-10, 2013

The Best of Eastern Canada, September 8 –16, 2013  
Highlights: Montreal, Quebec City, Ottawaw, VIA Rail, Toronto and Niagra Falls



## TRAVEL PRESENTATIONS

Presentation on the American Queen Steamboat Company trip on Tuesday, January 22, at 10:30am.  
Call Travel Desk @ 973-3256 for more information.



## Learn All About Skype

Tuesday 2/5 9:00am-10:00am Act #82667

Ages 55+ 1 Class \$2(R)/\$3(N)

Instructor: Valerie Riveiro

Skype is for doing things

together, whenever you're apart.

Skype's video chat makes it simple

to share experiences face-to-face with the

people that matter to you, wherever they are. Come to this class for a live Skype demonstration and learn how to install it and use it on your own computer to chat with family and friends. Please bring a laptop or iPad if you have one.



## Computer 101

Descriptions for the computer classes below, 101A – 101D, can be found in the Winter/Spring edition of the San Ramon Recreation Guide, or by visiting the front desk.

*Classes should be taken in succession, starting with 101A, then taking 101B, 101C and lastly 101D.*

Ages 55+ 1 Class \$9(R)/\$11(N)

### 101A: Getting from Start to Solitaire

Tuesday 2/5 10:00 – 11:00am Act# 82589

Tuesday 3/5 10:00 – 11:00am Act# 82590

### 101B: Creating a Document

Tuesday 2/12 10:00 – 11:00am Act# 82593

Tuesday 3/12 10:00 – 11:00am Act# 82594

### 101C: Editing and Printing Documents

Tuesday 2/19 10:00 – 11:00am Act# 82597

Tuesday 3/19 10:00 – 11:00am Act# 82598

### 101D: Filing & Organizing

Tuesday 2/26 10:00 – 11:00am Act# 82601

Tuesday 3/26 10:00 – 11:00am Act# 82602

## Computer One-On-One Docents

*\$2(R)/\$3(N) per appointment. Additional donations accepted!*

Got a computer question? Want to know how to do tasks with your computer on the Internet? Try our docents! See the schedule below for docent availability:

Tuesdays, 1:00 – 3:00pm Nick Vezmar

Wednesdays, 9:30-11:30am Phil Reed

Wednesdays, 1:00 – 3:00pm George Franzen

Thursdays, 9:30 – 11:30am Akila Padmanabhan

Thursdays, 1:00-3:00pm Bob Hempel

Fridays, 9:30-11:30am Geri Akiyama

**Please Note:** You must make an appointment at the front desk for a 60-minute slot. Please pay at the front desk before your appointment. If you need to cancel an appointment, please call the front desk one day in advance so that the Docent will know not to come in.

## Computer Stations

*Please remember that a .50 cents per half-hour fee is requested in order to use the computers. This helps with the upkeep of these computers. Thank you for your donation to help maintain our computers.*

**NOTE:** Computer Room will be closed when computer classes are in session.

## HELP US FEED OUR SENIORS!



**Meals on Wheels needs Volunteer Drivers in San Ramon.**



**MAKE A DIFFERENCE FOR ONLY 2 HOURS WEEK!**

**Please call: 925-937-8607 today!**



**SAN RAMON**  
REGIONAL MEDICAL CENTER

*Celebrating 20 years of care*

6001 Norris Canyon Road, San Ramon  
925.275.9200

**www.OurSanRamonHospital**

Paid Advertisement

# Become a Volunteer

## Calling All New or Interested Volunteers!

**Thursday, March 21, 4:00pm**

If you are interested in volunteering at the Alcosta Senior and Community Center, join us for an informational meeting. Senior Center staff and representatives from various volunteer areas will be on hand to provide information on how you can use your skills to give back to your community through our programs and activities. Please RSVP at 973-3250, if you plan on attending or email Nido Paras, Volunteer Coordinator, at [encoreprogram@comcast.net](mailto:encoreprogram@comcast.net), if you have any questions. Light refreshments will be served. See you there!

### Volunteer Leaders

Nido Paras – *Volunteer Coordinator*

Pat York – *Front Desk*

Jackie Esse – *Senior Foundation*

Louise Connell – *Special Events*

Vivienne Holman – *Moonglowers*

Bernadine Roy – *Travel*

Garry Allison – *Senior Express Van*

Angie Roncagliolo – *Kitchen*

## Got Used Ink Cartridges?

Please donate your used ink/toner cartridges to the San Ramon Senior Center Foundation. The Foundation gets a \$2 per cartridge credit from Office Depot and you get a \$2 charitable donation deduction from your federal and state taxable income (if you itemize your deductions). Bring your used cartridges to the Front Desk.



## VOLUNTEER OF THE MONTH

The Senior Advisory Committee is proud to recognize:

**Valerie Riveiro**

*Volunteer of the Month for January*

**Yaeko Kennelly**

*Volunteer of the Month for February*

**Annie Haines**

*Volunteer of the Month for March*

Please take a minute to stop by the awards wall and read more about the volunteers and thank them for all their dedication and hard work at our Senior Center.

Do you know of a Senior Volunteer who deserves recognition as Volunteer of the Month? If you do, please let the Senior Advisory Committee know by using the suggestion box or leaving a note at the front desk. Your input is important to us!



### Encore Membership Rates

**All members: \$25(R)/\$35(N)**  
*(individuals and couples)*

Get your Photo ID card with a new membership or renewal of your existing membership now. Come to the front desk to get your picture taken today! The following is a list of benefits you will receive plus you will help support the great programs and services provided at the Alcosta Senior and Community Center.

- Senior *Encore!* Newsletter mailed quarterly
- \$1 off Senior Van Transportation each way
- Priority registration for the Rotary Holiday Lunch
- First Sunday of the month FREE recreation swim (up to 4 people in the same household, April–October)
- **New!** Free drop in days scheduled each year for Boosters only

### Additional Benefits for Residents

One extra drop-in class for every \$10 added to card

### Additional Benefits for Non-Residents

Resident rates for Senior Center Classes



## Sponsorship Recognition

The City of San Ramon would like to recognize the following agencies who have become Outreach Sponsors for the Alcosta Senior and Community Center. Their sponsorships support events and programs throughout the year benefiting the frail, the Baby Boomer as well as adult children and caregivers of seniors. Many of these agencies have supported the senior center for many years. We applaud them!

## Express Van Sponsorship

San Ramon Regional Medical Center  
San Ramon Senior Foundation

## Gold Sponsor

Hope Hospice

## Silver Sponsor

Homeaide Home Care  
San Ramon Senior Foundation  
Tender Heart Homecare

## Bronze Sponsor

Steven R. Czekala, DDS

## In-Kind Sponsors

Hospice of the East Bay  
Nightingale Home Care

## Home Chore Assistance

Are you a senior who needs assistance with basic household repairs such as changing a hard-to-reach light bulb, fixing a leaky faucet or running toilet, or screen doors that won't close? The Danville/Sycamore Valley Rotary Club has started a service called Rotary Home Team. They will send out a two-person team of volunteers to perform basic maintenance on request. **The next scheduled date is January 19, 2013.** This is a free service to seniors! To schedule an appointment you may call (925) 956-7396, fax (650) 266-0451 or email [rotaryhometeam@hotmail.com](mailto:rotaryhometeam@hotmail.com).

## Information & Assistance Program

**Tuesdays, 10:00 am-12:00pm & Thursdays, 1:00-3:00pm**

A trained Volunteer Care Coordinator is available to provide information, referral, and follow-up services to help seniors maintain their independence. You may call and leave a message for the Volunteer Care Coordinator at (925) 973-3254 or drop in during designated office hours.

## Teri's Tidbits



Happy 2013! All of the staff and volunteers at the Alcosta Senior and Community Center are raring to go for another outstanding year and want to offer you the programs that fit your needs. Usually when a new year begins, we all make resolutions so if yours was to try a new class to increase your fitness level, make new friends or learn a new skill the senior center has numerous choices for you. Something for everyone! To start off the year there will be a week of free fitness classes (the list can be found on page 42 in the San Ramon Recreation Guide) and on February 7 and 8 all of the \$2 drop in classes are free for San Ramon residents. Whether you are looking for art, fitness, computer, dance, crafts, music or card games, we have something to offer you and for all skill levels. Come try us out! Oh, and if you can't find any activities to keep you busy, we have a variety of volunteer opportunities to try!

Congratulations are in order for Lois Holeman who volunteers for the Senior Foundation and the Senior Center. Lois was recently recognized as one of the Outstanding Senior Volunteers in Contra Costa County by the Culture to Culture Foundation. She has been a long time volunteer and provided numerous hours including serving on the Senior Foundation, working at the front desk, leading both the Sound Out discussion group and Creative Writing group and assisting at numerous special events. Thanks to Lois for her dedication to the Senior Center.

I wish you all a happy, healthy and prosperous 2013!

Teri

## Save the Date!

**Saturday, May 18, 8:30 – 1:00pm**

Save the date for the annual **Senior & Community Live Well Resource Fair** at the Alcosta Senior & Community Center.

## Newsletter Deadline

The deadline for April/May/June newsletter articles is Friday, March 1st. Please submit information to Teri or Louise.







SAN RAMON PARKS &  
COMMUNITY SERVICES

**Alcosta Senior & Community Center**

9300 Alcosta Blvd.

San Ramon, CA 94583

(925) 973-3250

[www.sanramon.ca.gov](http://www.sanramon.ca.gov)

Mon – Fri, 8:30am – 5:00pm

**OR CURRENT RESIDENT**

## *Calendar of Events*

### **JANUARY**

**Tech Tutoring Workshop**

Friday, January 4, 10:00am – 12:00pm

**Mature Driving Course**

Saturday, January 12, 8:30am – 5:00pm

**Sunday Family Breakfast**

Sunday, January 13, 9:00 – 11:30am

**Page Turners Book Group**

Tuesday, January 15, 1:30 – 2:30pm

**January Birthday Celebration**

Wednesday, January 16, after lunch

**Senior Center Closed:**

**Martin Luther King Holiday**

Monday, January 21

### **FEBRUARY**

**Artistic 3D Greeting Card class**

Friday, February 1, 1:00 – 3:30pm

**Chinese New Year Celebration**

Wednesday, February 6, 1:00 – 3:00pm

**Thank you San Ramon**

**Free Drop-in Class Days**

Thursday, February 7 and

Friday, February 8

**Sunday Family Breakfast**

Sunday, February 10, 9:00 – 11:30am

**Senior Center Closed: President's Day**

Monday, February 18

**Page Turners Book Group**

Tuesday, February 19, 1:30 – 2:30pm

**February Birthday Celebration**

February 20, after lunch

**Special Presentation –**

**“Don't Give Up Your Dreams”**

Thursday, February 28, 1:00 – 2:30pm

### **MARCH**

**Mature Driving Course**

March 9, 8:30am – 5:00pm

**Sunday Family Breakfast**

Sunday, March 10, 9:00 – 11:30am

**Moonglowers Tea Dance**

Monday, March 18, 1:00 – 3:30pm

**Page Turners Book Group**

Tuesday, March 19, 1:30 – 2:30pm

**March Birthday Celebration**

Wednesday, March 20, after lunch

